***Life Lessons about Safety and Security:***

***Flipping your Script from Fear over to Faith***

No matter who you are or what you believe, you can find **freedom from fear**. It is all about learning to use your greatest power, *choosing what to pay attention to*. Others can control what happens around your body and to your body, but you can go inside where it is safe. Just as touching a hot stove gives you pain that tells you to pull back, you can see your fear as a gift, telling you to *pull your awareness* ***up****, to a higher plane of existence*.

First, **get your anxiety level down** to moderate. *Close your eyes, take slow deep breaths, and* in your mind’s eye, *take your body where it would rather be*, to your safe, calm, and happy place, where you can be your best self, and access the highest spirit you have ever known (your grandmother, your hero, ideally, the indwelling Holy Spirit of God). Listen to *words of affirmation and comfort* that you have saved and practiced for this time. *Pray as you breathe out*, out loud if you can, and *meditate as you breathe in* (prayer is speaking to your higher power, and meditation is listening for a response, from within, without, wherever).

As you practice reframing your scene like this, do it when you are calm, like a **fire drill** in school. You can do it with smoke and screaming, once you’ve practiced it in safety and silence. *Remember who you are* and will always be, a good and strong person empowered to take care of this body while you are passing through this earth. Once you have successfully calmed down and refocused from outside to in, realize how *your soul can travel* now, not just to other places, but to other *times*, past or future.

You can reframe any situation you are in, and this way you can **flip your fear *into faith***. Instead of thinking your external protection has **forsaken** you, you can ***find*** new shelter inside. Though your fear might make you want to **freeze**, you can ***flow***, by letting your higher power express itself through you. Instead of **fleeing** the external threat, you can ***face*** it, and choose how you see it. Instead of dwelling in hate where you are **fighting** your foe, you can abide in forgiveness, not trusting bad people around you, but ***forgiving*** them. And so the keys of flipping fear into faith are *forsaking* into *finding, freezing* into *flowing, fleeing* into *facing*, and *fighting* into *forgiving*.

You can keep a list of your favorite ways to **reframe the situation**. Until it is in your mind, keep all this in your phone, and practice using it in a pinch. One simple way to *remember resources you can access* in a crisis has been called the **Shield of SAFEty: S**upport and **S**oothe yourself in time-out, **A**ffirm your **A**ssets and **A**lliances, **F**ocus on the **F**uture when this problem will be solved, and **E**ngage your **E**ncouragers as soon as you can.

To bring all this back to mind, you can repeat words like this to yourself, out loud if you can:

*My faith will flip the script of my fear. I am seeing myself now as not losing to anyone, but winning and giving to them. Anyone who threatens me here will not win but lose, because they aren’t taking from me what they want to get, but receiving from me what I want to give. I choose what I give them. I know the more I give away things like love and joy and peace, the more I have to give. Though it seemed at first like I would lose here no matter what, I have flipped the script to see that no matter what happens around me, I will end up better and stronger then I was before. Rather than letting the situation transform me into its likeness, I choose to be transformed from within. Because of this, more and more each day, in the spirit of* Romans 12: 1-2*, the world I am living in will keep becoming transformed, to become more like me.*

***Soul Foods of Power and Security:***

***Safety, Shelter, Sanctuary, Strength***

**Fear:** preoccupationandparalysis, from **Faith:** trusting ina benevolent source of worry and anxiety about the future strength and security, even in a crisis

**Fear brings**  • Insecurity • Worry • Anxiety **Faith brings** • Calm • Hope • Confidence • Panic • Doubt • Insomnia • Distraction • Peace • Courage • Selective attention

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**Receiving Junk Foods of Fear Receiving­ Whole Foods of Faith**

­­• Focusing on threats and problems grows them 🡪 • Focusing on safety and solutions grows them

• Identifying with my body that’s in danger 🡪 • Identifying with my soul now being empowered

• Seeing fear as a curse to pull me down into harm 🡪 • Seeing fear as a gift to push me up into hope

• Seeing a threat able to drive my anxiety up 🡪 • Seeing protection that’s able to calm my fears

• Seeing I’m bound to and belong to my enemy 🡪 • Seeing I’m connected and belonging to friends

• I believe I’m forsaken by all my protectors 🡪 • I believe I’m found & joined by my protectors

• I can’t distract myself from my body’s pain 🡪 • Focusing on causes beyond me I won’t forsake

• Seeing my enemy can ruin or steal best of me 🡪 • Seeing I can give my best away and not run out

• Seeing my enemy transforming me into itself 🡪 • Seeing my enemy become like me, or leave me

• Hearing words cursing, criticizing, weakening • Hearing words blessing, affirming, strengthening, limiting, degrading many people as losers 🡪 freeing, honoring many people as winners

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**Sharing Sickening Fruits of Fear Sharing Healthy Fruits of Faith**

• My body *freezes* and can’t get anything done 🡪 • My body *flows* smoothly into helpful action

• I ask people to help me *flee* from my enemy 🡪 • I carefully *face* my enemy to understand better

• I ask people to help me *fight* & kill my enemy 🡪 • I teach people to *forgive* and bless my enemy

• I tell others what my enemy is making me into 🡪 • I tell others who I am, always was, and will be

• I ask others to deliver me from defeat 🡪 • I share with others the opportunity of victory

• I feel discouraged, my misery seeks company 🡪 • I grow my encouragement by sharing it

• I appeal to people, groups, institutions I idolize 🡪 • I appeal to invisible, higher power inside and out

• My words long for the past and dread the future 🡪 • I confess my hopes for the here and now • I tell others I feel sorry for myself and them 🡪 • I tell others what I’m thankful for, even now

• I rail against my present circumstances 🡪 • I teach people to mentally travel in time & space

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Do I draw **more fear or faith** from my family and friends **at home**? What fear or faith do I share with them?

**Can I find** **healthier rules and role models** for me to follow, ones that grow my faith and not my fear?

Considering my employer, coworkers, job requirements, **does my work** **give me faith** and strength, or drain it?

At work, how could I reset my boundaries for my words and deeds, to regain strength over worry?

Do I **worry about how *the outside world*** will affect my family and work, or **do I find hope and courage there?**

What changes can I make in how I relate to others (**intake/output of traditional and social media)?**

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